

Memories of *W. Campbell* Old Manitoba

A COLLECTION OF ROUND DANCES

POPULAR TO THE PROVINCE

for use by

SCHOOLS AND COMMUNITY GROUPS



Prepared by

DIVISION OF PHYSICAL FITNESS & RECREATION

Department of Health & Public Welfare

Manitoba



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This little booklet has been compiled by Mr. Ed Gray of Winnipeg, Manitoba. Mr. Gray has long been a student of Manitoba Folklore with particular reference to Square and Round Dancing. Many of the dances included herein are still being enjoyed by Manitobans in the smaller communities particularly.

The music has been transposed by Mr. Geo. Ryckman and C.R.D. (Art) Young, both of Winnipeg. In certain of the old tunes where ready references were not at hand, Mr. Ryckman, Mr. Young and Mr. Gray collaborated in recalling them for our use.

H. M. Devenney,
Director, Physical Education & Recreation.

GERMAN SCHOTTISCHE or SEVEN STEP

Position: Closed dance position. Directions for gent, lady does counter-part.

4 draws left - (8 counts)

$\frac{(\text{step} - \text{close})}{\text{L.} \quad \text{R.}} \quad \frac{(\text{step} - \text{close})}{\text{L.} \quad \text{R.}} \quad \frac{(\text{step} - \text{close})}{\text{L.} \quad \text{R.}} \quad \frac{(\text{step} - \text{close})}{\text{L.} \quad \text{R.}}$

4 draws right - (8 counts)

$\frac{(\text{step} - \text{close})}{\text{R.} \quad \text{L.}} \quad \frac{(\text{step} - \text{close})}{\text{R.} \quad \text{L.}} \quad \frac{(\text{step} - \text{close})}{\text{R.} \quad \text{L.}} \quad \frac{(\text{step} - \text{close})}{\text{R.} \quad \text{L.}}$

2 draws left - (4 counts)

$\frac{(\text{step} - \text{close})}{\text{L.} \quad \text{R.}} \quad \frac{(\text{step} - \text{close})}{\text{L.} \quad \text{R.}}$

2 draws right - (4 counts)

$\frac{(\text{step} - \text{close})}{\text{R.} \quad \text{L.}} \quad \frac{(\text{step} - \text{close})}{\text{R.} \quad \text{L.}}$

4 step-hops (*as in schottische*) turning C.W. starting on gents right foot (8 counts).

2 draws left - (4 counts)

$\frac{(\text{step} - \text{close})}{\text{L.} \quad \text{R.}} \quad \frac{(\text{step} - \text{close})}{\text{L.} \quad \text{R.}}$

2 draws right - (4 counts)

$\frac{(\text{step} - \text{close})}{\text{R.} \quad \text{L.}} \quad \frac{(\text{step} - \text{close})}{\text{R.} \quad \text{L.}}$

4 step-hops (*as in schottische*) turning C.W. starting on gents right foot (8 counts).

REPEAT ALL ABOVE UNTIL MUSIC CEASES.

BON TON

Instructions - open dance position, couples facing line of direction (L.O.D.).

Starting outside foot (*Gent's left, lady's right*)

Point forward left, point backward left (2 counts)

Walk four steps forward (L.O.D.) L., R., L., R., (4 counts)

Point forward left, point backward left, (2 counts)

Walk four steps forward (L.O.D.) L., R., L., R., (4 counts)

TURN AND FACE REVERSE LINE OF DIRECTION.

Point forward right, point backward right, (2 counts)

Walk 4 steps forward (R.L.O.D.) R., L., R., L., (4 counts)

Point forward right, point backward right (2 counts)

Walk 4 steps forward (R.L.O.D.) R., L., R., L., (4 counts)

FACE PARTNER TAKE CLOSED DANCE POSITION.

2 draws left (step - close) (step close) (4 counts)
L. R. L. R.

2 draws right (step - close) (step close) (4 counts)
R. L. R. L.

4 Two steps turning clockwise (8 counts)

2 draws left (step - close) (step close) (4 counts)
L. R. L. R.

2 draws right (step - close) (step close) (4 counts)
R. L. R. L.

4 Two steps turning clockwise (8 counts).

REPEAT ALL UNTIL MUSIC CEASES.

MANITOBA JERSEY

Instruction for gent, lady does counterpart.

Position: Closed - social dance position.

Couples facing line of direction. (L.O.D.)

(Count 4) 3 draw steps left (*gliding*)

left-close left-close left-close
L. R. L. R. L. R.

then step left on 4th count and do a $\frac{1}{4}$ turn C.C.W.

(Count 4) 3 draw steps right (*gliding*)

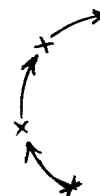
right-close right-close right-close
R. L. R. L. R. L.

THEN step right on 4th count and do a $\frac{1}{4}$ turn C.C.W.

(Count 4) 2 two-steps, turning, (C.W.)

(Count 4) 3 Jersey steps (C.W.)

(Keeping weight on right foot, each step, do a short step about 6-10 inches to the left with left foot, touch left to take weight temporarily and bring right up and left --- couple moves in an arc.)



Repeat above starting with draw steps to gent's right, then gent's left.

2 two steps (C.C.W.)

3 Jersey steps (C.C.W.)

Repeat all until music ceases.



(There are variations and local differences.)

BELLEFIELD

Position: Open dance, couples facing line of direction (L.O.D.).

Instructions for gent; lady does counterpart.

Left heel forward, left toe beside right foot.

Forward two-step (L.O.D.) starting left - L, close R., left.

Four walking steps forward (L.O.D.) starting on gent's right foot.

*(on 4th step both about turn face reverse L.O.D.)
(turning towards each other
lady now on gent's left side)*

(8 counts)

Right heel forward, right toe back beside left foot,

Two-step forward (R.L.O.D.) starting right foot R., close L., Right.

Four walking steps forward (R.L.O.D.) starting on gent's left foot.

*(on 4th step both face each other
and take close social dance position)*

(8 counts)

Four draw steps to gent's left (diagonally to L.O.D.) with L.O.D.

(making $\frac{1}{4}$ turn C.C.W. on 4th step)

Four draw steps to gent's right (diagonally to L.O.D.) with L.O.D.

(8 counts)

Four two-steps, turning, 2 complete turns clockwise facing line of direction and break into open dance position.

(8 counts)

REPEAT ALL UNTIL MUSIC CEASES.

Record: Quality 507, Side A. or Beltona Rick-ma-Tick #2455.

There are variations and local differences.

HEEL AND TOE POLKA

Position: Closed dancing position.

Starting gent's left foot, lady's right.

(This one) L heel out, L toe (back) - Step - close - step (to gent's left)
 (may be) R heel out, R toe (back) - Step - close - step (to gent's right)
 (the) REPEAT ALL ABOVE - then 8 polka steps (turning) in regular
 (oldest.) closed dance position.

Variation: VARSOUVIENNE

Position Varsouvienne

Both start same foot

L heel out, L toe back - step - close - step (half sashay)

Lady crosses to gent's left side - Step L - R - L.

Gent crosses to lady's right - Step R - L - R.

R heel out, R toe back - Step - close - step (sashay back)

Lady crosses back to starting position - R - L - R.

Gent crosses back to starting position - L - R - L.

Do 8 polka steps in line of direction (or 2-step) in Varsouvienne

Position.

Variation: VARSOUVIENNE (throughout dance)

Position Varsouvienne both can begin either left or right.

Both begin right foot. Right heel forward - right toe back
 (drop left hands)

Man turns partner out in front of him to his right side and
 holding right hands joined - lady now faces reverse line of
 direction - lady takes 3 steps to cross over - the man 3 steps
 in place.

Lady turns right.

Left heel forward, L toe back and man turns partner under joined
 hands back to place (lady takes 3 steps turning, man does 3 steps
 in place).

Lady turns right.

Right heel forward - R toe back (drop right hands) and man turns
 partner out in front of him to his left - holding left hands joined
 and lady now faces reverse line of direction (lady takes 3 steps
 to cross over and the man 3 steps in place). Lady turns left
 Left heel forward, left toe back and man turns partner under joined
 hands back to place (lady takes 3 steps in turning, man 3 steps in
 place).

Lady turns left.

Right heel and toe - step R - close L - Step R - Step - Close

Step (starting left) step - close - step (starting right).

Left heel and toe - step - close - step (starting left) step -
 close - step (starting right) step - close - step (starting left.)

Forward in line of direction.

REPEAT ALL ABOVE UNTIL MUSIC STOPS.

Record: Dominion #6

Note: There are other variations
 and local differences.

FRENCH MINUET

*Position: Open dance position - facing L.O.D. (near hands joined).
Instruction for gent, lady does counterpart.
Starting outside foot - man's left, lady's right.*

Figure, Action:

Walk in line of direction.

Step 1 (L.) step 2 (R.) step 3 (L.)

On 4th count swing right foot over left, turn
and face reverse line of direction (4 counts)

Step 1 (R.) step 2 (L.) step 3 (R.)

on 4th count swing left foot over right and face
each other. (4 counts)

Step left swing right - (2 counts)

Step right swing left (2 counts)

* Lady turns under her own arm clockwise once around, while
the man does a balance step in place.

(4 counts)

REPEAT FIGURE ONCE AGAIN.

Then take closed dance position and do 16 bars of waltz
turn at will.

REPEAT ALL UNTIL MUSIC CEASES.

**Variation: Lady and gent cross over - exchanging places
in 4 steps This puts the man in the lady's
original starting position*

Record: Dominion No. II.

RYE WALTZ

Position: closed dance position.

Instructions for gent - lady does counterpart.

Point left toe to the left,
Point left toe beside right heel
Point left toe to the left,
Point left toe beside right heel.

4 draw steps to the left

(<u>step-close</u>)	(<u>step close</u>)	(<u>step close</u>)	(<u>step close</u>)
L. R.	L. R.	L. R.	L. R.

finish with weight on left foot.

(8 counts)

Point right toe to the right,
Point right toe beside left heel
Point right toe to the right,
Point right toe beside left heel.

Four draw steps to the right

(<u>step-close</u>)	(<u>step close</u>)	(<u>step close</u>)	(<u>step close</u>)
R. L.	R. L.	R. L.	R. L.

(8 counts)

Repeat all of above.

Then do 16 bars of regular waltz in line of direction around the hall turning at will.

Note Repeat all until music ceases.

Record Dominion II 5-5715

BUFFALO GLIDE

Position: Closed dance position.

Instructions are for gent, lady does counterpart.

Part I: 2 glides left (step (L) - close (R) (step L. - close R.)

Part II: 2 glides right --- (step R - close L.) (step R. - close L.)

Part III: 1 glide left --- (step L. - close R.)

Part IV: 1 glide right (step R. - close L.)

Take position with right hips adjacent and gent walks forward (L.O.D.) 4 steps and lady walks backward 4 steps (lady is facing reverse line of direction).

Part V. Gent - L - R - L - R - Fwd.

Lady - R - L - R - L - Backward.

Take closed position once again.

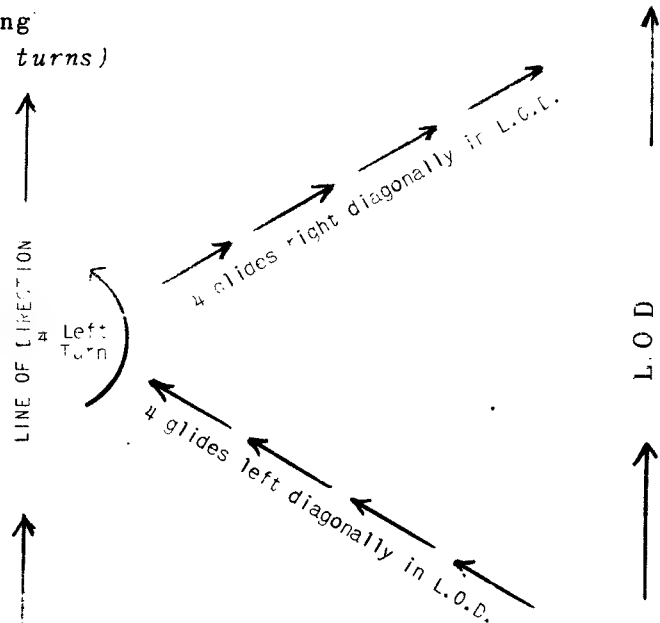
Part VI: Do 4 glides to gent's left (see sketch), starting on left foot - on 4th do a ¼ left turn.

PART VII: Do 4 glides to gent's right (see sketch)

*PART VIII: 4 two-steps, turning
(making 2 complete turns)*

REPEAT ALL UNTIL MUSIC CEASES.

No recorded music available.



BARN DANCE - (Couple Dance)

Two-step pattern.

(Music - Kerry Mills Barn Dance)

There are two interpretations.

#1 -- Partners in Varsouvienne position facing L.O.D.
4 draw steps to the left (diagonally)
4 draw steps to the right (diagonally)
Two-step forward, left foot
Two-step forward, right foot
CAKE WALK - or Walk forward in L.O.D.
4 steps starting on left foot
REPEAT ALL UNTIL MUSIC CEASES.

#2 -- Varsouvienne position
Two-step, left forward, in line of direction
Two-step, right forward.
CAKE WALK - or Walk forward (L.O.D.) 4 steps
Starting on left foot.
4 draw steps, left (diagonally)
4 draw steps, right (diagonally)
REPEAT ALL ABOVE UNTIL MUSIC CEASES.

NOTE - It is possible that version #2 is the oldest way in this area.

No recorded music available.

SCHOTTISCHE

any good Schottische music

OLD WAY - A. Position - Open dance position, partners stand side by side facing line of direction. Gent's right arm around lady's waist. Lady's left hand resting on gent's right shoulder.

Starting with Music both start on outside foot (Gent's left, Lady's right).

Take 3 short running steps forward and Hop, on left.

(gent: - Left, right, left; and hop on left 4th Beat)

Then - starting on inside foot (gent's right, lady's left)

Take 3 short running steps forward and hop on right.

(gent: - Right, left, right, and hop on right 4th beat)

B. Now take closed dance position and do a Step Hop. Step Hop Step Hop, Step-Hop.

Turning once around Clockwise in 4 Step Hop $\frac{1}{4}$ turns.

(Starting gent's left, lady's right, foot).

Assume Open Dance position

and REPEAT all of above until Music ceases

VARIATION 1

DO ALL OF BASIC SCHOTTISCHE (step described in A above).

On last Hop, pivot half around

(Gent does right turn, lady left turn to FACE reverse line of direction)

Gent now has left arm around lady's waist

Lady has right hand resting on gent's left shoulder

Moving backwards (still in line of direction)

Couple now does 4 step hops alternating feet

(start Gent's left and Lady's right).

On last Hop - man does $\frac{1}{4}$ left turn to face partner

lady does $\frac{1}{4}$ right turn to face partner

Gent joins his right hand in lady's left

And each now does 4 step hops in a balance

(Starting - gent's left foot, lady's right foot)

e.g. - gent - step left, hop left while swinging right foot across in front of left, etc

Now couple take closed dance position and REPEAT all of B above

Keep repeating Variation 1 until music ceases.

FOUR HORSE SCHOTTISCHE

There are some twenty odd variations.

They are of recent origin.

Here are a few

Each variation starts with A Basic step

Then in place of 4 step hop $\frac{1}{4}$ turns

Schottische (cont.)

Note - Position: Partners side by side (2 couples to a set)

With inside hands joined to partners and forward couple joins hands with couple behind them - forward gent reaches left hand back and joins - left hands with gent - while forward lady reaches back and joins right hands with lady).

1. Doing a step-hop, #1 couple (lead couple)
break inside hand hold with partner only
man turning left, lady turning right.
In 4 step-hops assume position of rear couple
and join inside hands once more.

While - rear couple does 4 step-hops in line of direction holding inside hands joined and holding on to their other hand holds. Rear couple now becomes forward couple.

2. Couple 1 back up - 4 step-hops
Couple 2 make an arch go forward - 4 step-hops
and end with dishrag.
No one lets go hands.
3. #2 couple separate in 4 step-hops to
#1 couple position.
4. #2 couple forward in 4 step-hops
#1 couple arches and backward in 4
step-hops and turn dishrag.

There are about 20 more variations - one you will notice most is

each couple active - after basic step -
face partner - clap hands on thighs - twice
Clap hand in front of face - twice
Hold right hand up with index finger pointed
to ceiling and do a rhumba wiggle.

This version is not recommended - DOESN'T LOOK DIGNIFIED.

Many good records available - choice a matter of personal preference.

POLKA STEP

(Polka step)

(2/4 time)

- A. - *Basic: Social Dance Position or sometimes called closed dance position.*

Man and lady start with opposite foot.

Man's Part: - Hop on left

Step right (Note - hop, step, close, step)

Close left

Step right

Then hop on right and continue, L. close R
step L

Lady does counterpart.

Turns taken in any direction at will.

(Two-step - to polka time)

- B. - *Closed dance position (social)*

Omit first hop step and do a

Step on left

Step - Right (Note - step, close, step)

Step - Left

Actually a two-step is danced more to polka time than the Polka step.

Many good polka records available.

THE CYCLE

Open dance position, near hands joined, instructions for gent, lady does counterpart.

Starting left foot (facing L.O.D.) near hands joined.

- Part I.* Walk forward (L.O.D.) step (L) step (R) step (L) swing (R)
(4 counts)
Preliminary Explanation - Break hand hold and each do 2 two-steps, turning, moving in reverse line of direction making 2 complete turns.
- Part II.* Gent does 2 two-steps turning right (2 turns) while lady does 2 two-steps turning left (2 turns) (4 counts)
- Part III.* Walk forward (R.L.O.D.) near hands joined, step (R) step (L) step (R) step (L) (4 counts)
- Part IV.* Release hands - Gent does 2 two-steps turning left (2 turns) moving in line of direction.
Lady does 2 two-steps turning right (2 turns) moving in line of direction.
- Part V.* Take closed dance position -
4 glides left as in Buffalo Glide - diagonally in L.O.D.
¼ left turn, 4 glides as in Buffalo Glide - diagonally in L.O.D.
- Part VI.* Closed dance position. 4 two-steps, turning and break to open dance position near hands joined.

REPEAT ALL ABOVE UNTIL MUSIC CEASES.

No recorded music available.

Positions: Lady on gent's right facing opposite lady - gents facing each other.

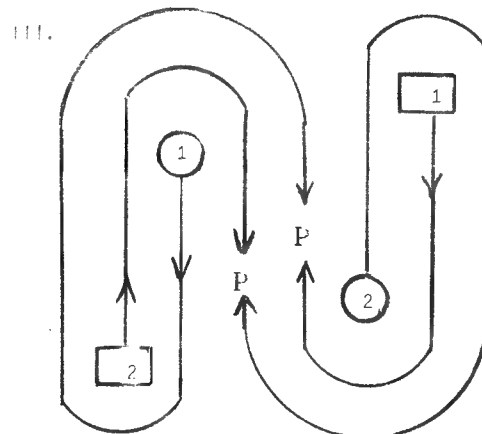
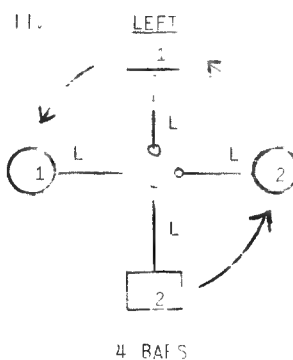
II. Ladies join left hands
Gents join left hands - in star formation - free hand on
hip. Waltzing turn star left for 4 bars.

Bow - take closed dance position and do 16 bars of waltz.

Both active couples keep near each other during waltz and break into star formation at end of waltz interlude.

No recorded music available. (But use Waltz Contra in Czarnowski or music in English Guide.) Something like Waltz Country or Longways Contra Dance Waltz. See also Waltz Contra Dance in Czarnowski.

4. BAHS



This is where you meet partners
left hand to left hand

To complete figure use instructions.

HIGHLAND SCHOTTISCHE
(as remembered by many old timers)

Instructions for gent, lady does counterpart.

Closed dance position.

Part I Hop on right foot at same time touch left toe to floor
 Hop on right foot at same time bring left toe in front of right
 knee
 Hop on right foot at same time touch left toe to floor
 Hop on right foot at same time bring right toe in back of right
 knee
(4 counts)

Take semi closed dance position face L O D

In L O D step left step right passing left
 Step left passing right touch right beside left
 Turn $\frac{1}{4}$ turn back to closed dance position facing partner
 (hopping lightly to beat of the music) (4 counts)

Hop on left foot at same time touch right toe to floor
 Hop on left foot at same time bring right toe in front of left
 knee
 Hop on left foot at same time touch right toe to floor
 Hop on left foot at same time bring right toe in back of left
 knee.
(4 counts)

Take semi closed position face reverse L O D and
 Step right Step left passing right
 Step right passing left touch left beside right
 Take closed position and face partner again (4 counts)

REPEAT ALL ABOVE

Part II Then do a hop turn as in regular schottische in closed dance
 position (8 hop turns)
 *(Some do a hop step hop turn version to each beat of music
 very tricky!)*

REPEAT UNTIL MUSIC CEASES

Record (one of many available) Quality Money musk #506

There are variations

- I Bring toe up to calf inside of leg (probably original Scottish version)
- II Hop turns 16 instead of 8
- III Doing elbow hook swing instead of hop turns
- IV Instead of step part after 1st points do an elbow hook turn in place

ONE - STEP (Social)

Basic Step - Walking to music 4/4 time in social dance position turning at will.

CALLS MIXER

1. Promenade (*pause*) 8 bars. Ladies reverse (*pause*) 8 bars.
Everybody one-step!
2. Promenade (*pause*) single file, Indian style with lady in the lead
Gent behind! (*Allow 8 bars for single file promenade*)
Dance with the lady behind you - all !
3. Promenade (*pause*) Now in fours (*pause*)
Circle fours (*pause*) Dance with the lady on your left.
4. Promenade (*pause*) Gents reverse (*pause*) Everybody one step.
5. Promenade (*pause*) All join hands - Gents on the inside facing out.
Ladies on the outside facing in. (*pause*)
Now everybody circle to your right. (*pause*)
And everybody one-step.
6. Everybody promenade (*pause*) Now all join hands in one big circle
And up to the center - Do it once more
'Dance with the lady across the hall (*or ON YOUR LEFT*)
7. Promenade (*pause*) All join hands, Ladies on the inside,
Gents on the outside,
Ladies circle right, Gents circle left (*pause*) Everybody one step!
8. Promenade (*pause*)
Designate a couple to make an arch and all pass under in couples

#1 couple and each in turn will sashay (slide sideways step)
Still holding arch - towards the end of double line of dancers
(who are moving around the room counter-clockwise) the arch
couples are moving around the room counter-clockwise.

When #1 couple reaches end of line they take social dance position
and one-step; each in turn, i.e #2, #3, etc , will do likewise

This is usually done in the 3rd number to end the set of three
dances.

Note. There are many other changes possible! Usually about 3 changes for each turn of the music (each number).

After the call - everybody one-step!

Allow about 32 bars - 16 minimum - before calling another change of partners.

Many good records available.

TWO-STEP

Basic step; lady does counterpart.

<u>Step</u>	Close	Step	and	Step	Close	Step	<i>and repeat.</i>
L.	R.	L.		R.	L.	R.	

Couples are in social dance position, and moving around the room counter-clockwise. Take turns at will in either direction.

This has been a very popular couple dance and usually used to start an evening of dancing - as has the waltz been used to end an evening of dancing.

Many good records available.

THE THREE STEP

This is a smooth gliding dance with the pivot-turn done with a buoyancy or lift on each step.

3/4 time - music phrases dance.

Position: closed dance position.

Action: Instructions for man, lady does counterpart.

Starting left foot, do 3 slides to gent's left (line of direction) and on 3rd slide do a $\frac{1}{4}$ left turn so that your right foot is facing (L.O.D.)

(L. close R.) (L. close R.) (L. close R.) ($\frac{1}{4}$ L. turn)

Do 3 slides to gent's right.

(R. close L.) (R. close L.) (R. close L.)

Do 4 pivot-turns turning right each pivot turn about $\frac{1}{4}$ round, with a buoyant step on the balls of your feet, requires large steps on man's part.

Step Right, Step Left, Step Right, Step Left (*turning right throughout*)

Keep weight on left foot and step back with right toward center of dance floor and do a dip depth of dip depends on agility of dancer and balance stability and recovery of team. (*A tight circle on the pivot-turns.*)

REPEAT ALL.

THE FOUR STEP

4 slides left (*lady right*)

4 walking steps forward (*lady backward*)

8 two-steps turning

All above in closed dance position.

Music: lively, two-step tempo 2/4.

VELETA WALTZ

Open dance position, near hands joined facing L.O.D.

Open waltz forward (*turning away from each other*)
Back to back (*starting outside foot*) man's left.

Open waltz forward (*turning toward each other*)

Take two slide steps in Line of Direction.
(Man - L - close - R, L close R)

And face reverse L.O.D.

Repeat all above in R.L.O.D.
starting outside foot (*man's right*)

Take two waltz steps in L.O.D.
and 2 slide steps to man's left.
(*left turn waltz*)

Take two waltz steps (*right turn*)
and 2 slide steps to man's right.

REPEAT ALL.

Record: Imperial #1045.

Slowly

THE JERSEY

Score by
George Ryckman



No record obtainable for this dance.

THE BELLEFIELD

HUNDRED PIPERS



HEEL AND TOE POLKA



GERMAN SCHOTTISCHE
or
SEVEN STEP

Score by
George Ryckman



No record obtainable for this dance.

THE BON TON

Score by
George Ryckman



No record obtainable for this dance.

BUFFALO GLIDE



BARN DANCE

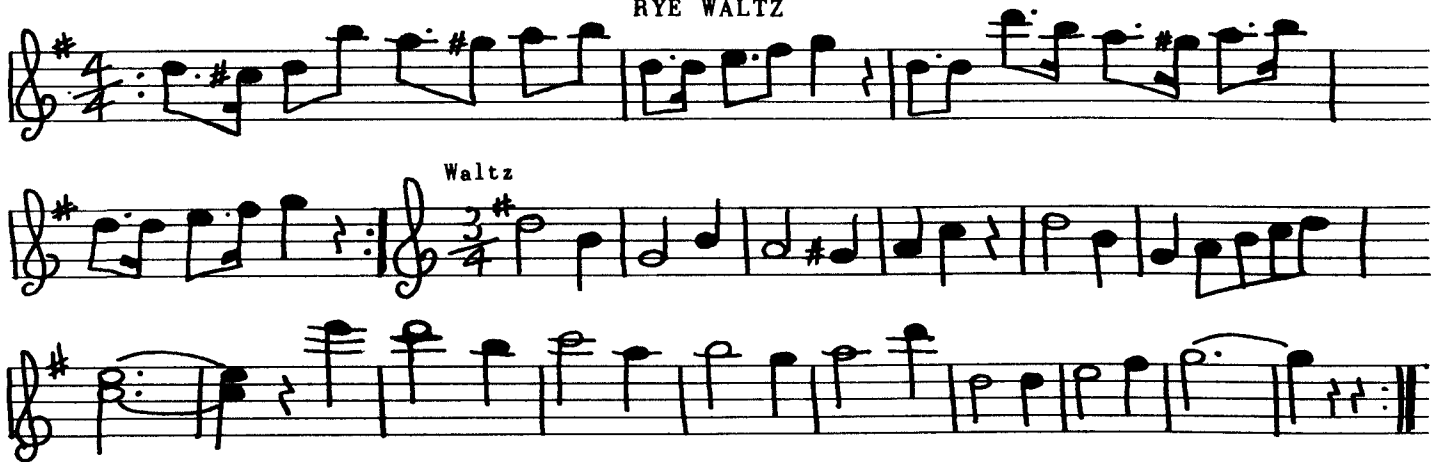
KERRY MILLS



FRENCH MINUET



RYE WALTZ



AURORA WALTZ



SCHOTTISCHE

Kan Du Visla Yohana



POLKA

JESUITA



Repeat All

THE CYCLE



VELETA WALTZ

First system of musical notation. Treble and bass staves in 3/4 time, key of D major. The treble staff begins with a piano (p.) dynamic marking. The music features a mix of eighth and sixteenth notes, with some chords and rests.

Second system of musical notation. Continuation of the piece. The treble staff has a melodic line with some slurs, while the bass staff provides harmonic support with chords and rests.

Third system of musical notation. The treble staff continues with a melodic line, and the bass staff has a more active line with eighth notes. A piano (p.) dynamic marking appears in the treble staff.

Fourth system of musical notation. The treble staff features a melodic line with slurs, and the bass staff has a line with eighth notes and rests. A piano (p.) dynamic marking is present in the treble staff.

Fifth system of musical notation. The treble staff has a melodic line with slurs, and the bass staff has a line with eighth notes and rests. A piano (p.) dynamic marking is present in the treble staff.

Sixth system of musical notation. The treble staff has a melodic line with slurs, and the bass staff has a line with eighth notes and rests. The system concludes with a double bar line, a 'Fine' marking, and a 'D.C.' (Da Capo) instruction.

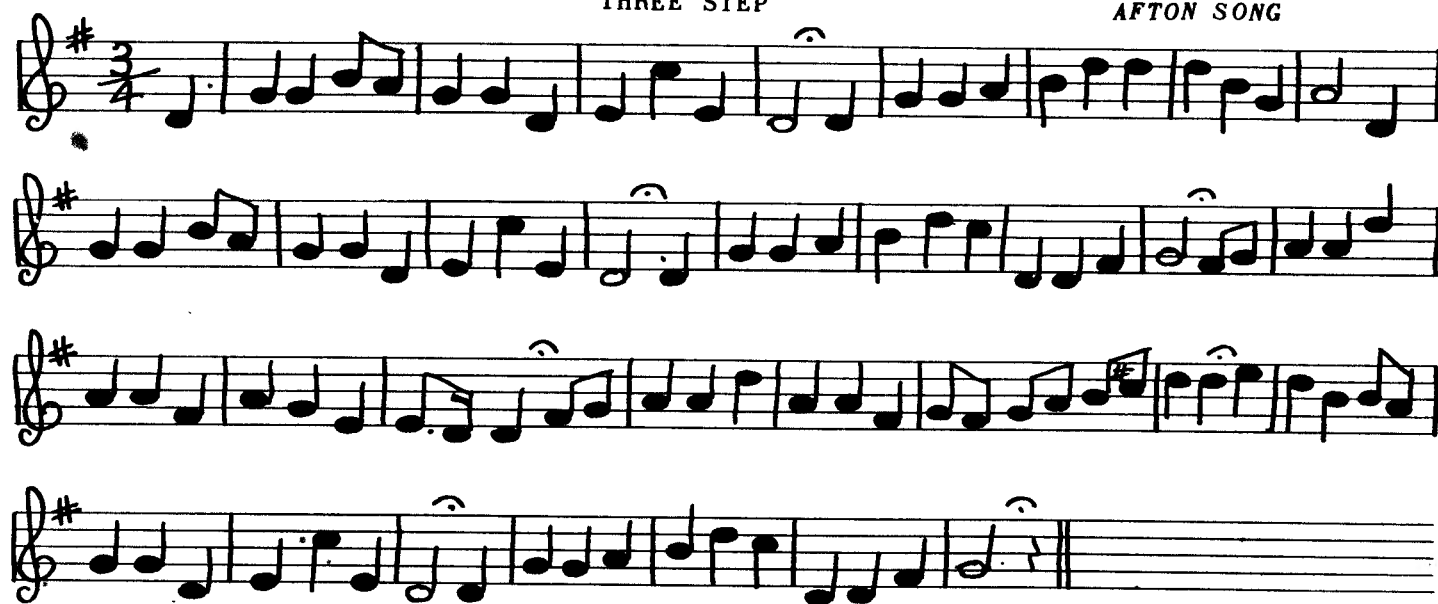
TWO STEP

SILVER AND GOLD



THREE STEP

AFTON SONG



FOUR STEP



